

DO YOU HAVE CANDIDA OVERGROWTH?



Take This Simple Self-Assessment to Find Out

Candida is a yeast that naturally lives in your body—but under the right conditions, it can grow out of control. While often linked to vaginal infections, Candida overgrowth can become systemic, affecting many areas of your health.

Common signs include bloating, sugar cravings, fatigue, brain fog, and skin issues like acne or rashes.

This quick questionnaire can help you spot possible signs of Candida. It's not a diagnosis, but it can guide next steps like dietary changes, detox support, or lab testing.

Candida Questionnaire Section A – Health History

Circle the number next to each question you answer “yes” to. Then add up your points and write the total at the bottom.

QUESTION	POINTS
Have you taken tetracycline or other antibiotics for acne for one month or more?	50
Have you taken broad-spectrum antibiotics for two months or longer (or four or more times in one year)?	50
If not, have you taken a single dose of broad-spectrum antibiotics?	6
Have you had persistent vaginal infections, prostatitis, or other reproductive issues?	25
Have you been pregnant two or more times?	5
If not, have you been pregnant once?	3
Have you taken birth control pills for more than two years?	15
If not, have you taken birth control pills for 6 months to 2 years?	8
Have you taken oral or inhaled corticosteroids (like Prednisone) for more than 2 weeks?	15
If not, for two weeks or less?	6
Are you sensitive to perfumes, chemicals, or odors (like from fabric stores or insecticides)? Moderate to severe symptoms	20
Mild symptoms	5
Are your symptoms worse in damp or moldy environments?	20
Have you had persistent or severe fungal infections (athlete's foot, ringworm, etc.)?	20
Mild to moderate fungal infections?	10
Do you crave sugar?	10
Do you crave bread?	10
Do you crave alcohol?	10
Does tobacco smoke bother you?	10
TOTAL SCORE FOR SECTION A:	

CONTINUED...



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Section B – Major Symptoms

Rate each symptom you experience by severity:

- Do not experience – 0 points
- Mild/Occasional – 3 points
- Frequent/Moderate – 6 points
- Severe/Disabling – 9 points

Add your points and total them at the end.

- Fatigue or lethargy _____
- Feeling drained _____
- Poor memory _____
- Feeling spacey or unreal _____
- Difficulty making decisions _____
- Numbness, burning, or tingling _____
- Insomnia _____
- Muscle aches _____
- Muscle weakness or paralysis _____
- Joint pain or swelling _____
- Abdominal pain _____
- Constipation _____
- Diarrhea _____
- Gas, bloating, or belching _____
- Vaginal burning, itching, or discharge _____
- Prostatitis _____
- Impotence _____
- Loss of sexual desire or function _____
- Endometriosis or infertility _____
- Menstrual cramps or irregularities _____
- Premenstrual tension _____
- Anxiety or emotional swings _____
- Cold hands/feet or chilliness _____
- Irritability or shakiness when hungry _____

TOTAL SCORE FOR SECTION B: _____

Section C – Minor Symptoms

Use the same scoring method as Section B (0, 3, 6, or 9 points depending on severity).

- Drowsiness _____
- Irritability or jitteriness _____
- Poor coordination _____
- Difficulty concentrating _____
- Mood swings _____
- Headaches _____
- Dizziness or poor balance _____
- Head pressure or “swollen” feeling _____
- Bruise easily _____
- Itchy or chronic rashes _____
- Psoriasis or recurring hives _____
- Indigestion or heartburn _____
- Food sensitivities _____
- Mucus in stools _____
- Rectal itching _____
- Dry mouth or throat _____
- Mouth rashes or blisters _____
- Bad breath _____
- Persistent body odor (foot, hair, etc.) _____
- Nasal congestion or post-nasal drip _____
- Nasal itching _____
- Sore throat _____
- Hoarseness or voice loss _____
- Cough or bronchitis _____
- Chest pain or tightness _____
- Shortness of breath or wheezing _____
- Frequent or urgent urination _____

TOTAL SCORE FOR SECTION C: _____

YOUR GRAND TOTAL: _____

USE THE CHART BELOW TO INTERPRET YOUR RESULTS:

IF YOUR SCORE IS...	YOUR SYMPTOMS ARE LIKELY...
180+ (women), 140+ (men)	Almost certainly yeast-related
120–179 (women), 90–139 (men)	Probably yeast-related
60–119 (women), 40–89 (men)	Possibly yeast-related
Below 60 (women), Below 40 (men)	Probably not yeast-related

NOTE: Women may score higher due to several gender-specific questions.

A thorough health evaluation, lab testing, and lifestyle assessment are recommended to confirm any concerns.



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